

MONITORING 1RM STRENGTH

◀ SWIPE ▶

How does it help?

Quantifying one rep max strength has many benefits for an athlete's development over time.

Benefits of tracking 1RM:



Ability to adjust the athlete's training to suit their individual strength level



Set realistic training goals by aiming to increase 1RM by a certain amount in a given timeframe.



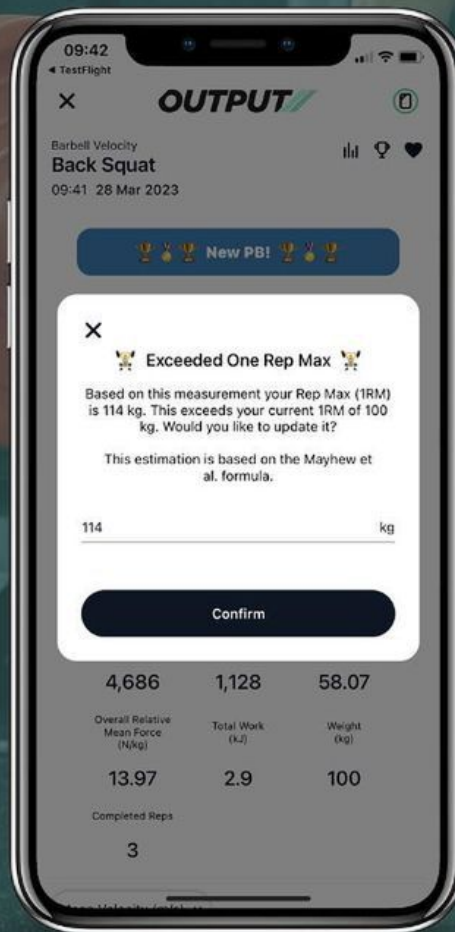
Increases athlete motivation by providing tangible evidence of progression



Personal Best **Auto-Update:**

Using the Mayhew et al. formula, the Output Capture app assesses an athlete's training data to determine if they have **exceeded their 1RM** and hit a new personal best, giving them a prompt to both update this value and celebrate their progress.

This saves the coach a lot of time as they will not need to manually update and keep track of their athletes' one rep max numbers.



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Try our **1RM** feature today!

Use our brand new feature to individualise your athletes' training, gauge their progress, gain valuable insights and save time!



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